



Local 949 is sponsoring Deployed Service Members' through the myHero program. The Local will be sending a Care Package once a month for twelve months to an overseas service member.

This is an excellent opportunity for Local 949 to actively show our support to our deployed Military men/women for their service.

It would also be a great opportunity for our 949 members and/or "Units" to show their support and sponsor a care package or make a donation. If you are interested or have any questions regarding this program please contact Sharon Brekke at 952.890.8484 or 800.833.0949 or visit [www.herobox.org](http://www.herobox.org)

Average Care Package cost is \$40.00 (Local 949 will cover the shipping cost to send the package). You can either send a cash donation (any amount) or you may purchase items for the care package (see list for ideas) and drop it off at the union hall for shipping.

# Care Package List

## Food/Drinks

Beef Jerky  
Cereal (individual size)  
Cookies  
Dried Fruit  
Gum or hard candy  
Power Bar/Granola Bar  
Trail Mix  
Nuts  
Instant Noodles, Soup  
Microwavable Popcorn  
Microwavable Mac-n Cheese  
Pop Tarts  
Pudding cups  
Sunflower Seeds  
Twizzlers  
Tuna Fish Packets  
Powder Drink Mix  
Hot Chocolate  
Instant Coffee/Creamer  
Tea Bags

## Hygiene

Hand sanitizer  
Deodorant Male/Female  
Body Lotion  
Body wash  
Sun block  
Toothbrush/paste  
Baby wipes  
Feminine Hygiene products  
Lip balm  
Razors/Shaving Gel  
Shampoo/Conditioner  
Tissues  
Throat lozenges  
Eye drops  
Body Powder  
Q-tips  
Wash cloths/Loofah  
Nail clippers/file  
Tums, Roloids  
Mouthwash

## First Aid

Advil or Tylenol  
Antacids  
Anti-itch cream  
Band-Aids  
Cold meds  
Cough drops  
Eye drops  
Nasal spray  
Sinus Meds  
Vicks vapor rub  
Vitamins

## Clothing

T-Shirts  
Socks  
Gloves  
Sunglasses  
Hand & Foot Warmers

## Books/DVD/CDs

Books, Puzzle Books  
Music/Movies  
Magazines  
Hand-Held Electronic Games  
Drawing pads, journals  
Pens, Pencils, Postcards  
Batteries  
Flash Drive  
Headphones

## Games

Board Games  
Dominoes  
Football/Nerf Balls  
Hackey-sack/Frisbee/Yo-Yo's  
Model Toy Sets

## Other

Alarm Clock (Battery/Wind-up)  
Air Fresheners  
Flash Lights  
Phone Cards  
Small Tool Kits